

Courtesy of Linpharma Inc.

Can Tinted Lenses Help Relieve Your Migraines?

For years, precision-tinted glasses have helped relieve visual distortions that make it hard for people with dyslexia to read. The same science may also offer a way to help migraine sufferers who also have Irlen Syndrome.

Irlen Syndrome is not an optical problem. It is a disorder involving the brain's ability to process visual information.

The disorder tends to run in families and includes the following symptoms:

- Sensitivity to bright and fluorescent lighting and glare
- Slow or inefficient reading
- Poor reading comprehension
- Poor attention and concentration
- Eye strain
- Fatigue
- Headaches and migraines
- Poor depth perception

According to researcher Jie Huang, PhD, Associate Professor of Radiology at Michigan State University, some people who suffer migraines are extremely sensitive to visual stimuli. He notes that these stimuli cause not only illusions of color, shape and motion, but they produce neurological discomfort as well.

His studies have found that this sensitivity is linked with over-stimulation of the in the brain's visual cortex. Tinted lenses can normalize this activity, considerably reducing the effect of visual migraine triggers such as bright lights and intense patterns and stripes.

Different colors filter out distracting light waves and help the brain process information differently. Since no two people are the same, the most effective tint for you would need to be determined.

The starting point, however, is to find out if you might have Irlen Syndrome. There are many free self-assessment tests on the Internet (just Google "Irlen self-test") as well as a wide range of information and resources.



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